

# 2002 California Physical Fitness Test Data Tables

**Table 1: Participation by Gender**

Students Tested	Grade 5		Grade 7		Grade 9	
	No.	%	No.	%	No.	%
Females	225,228	48.6	206,567	48.6	182,531	48.4
Males	233,274	50.3	214,019	50.4	191,259	50.7
No Gender Information	4,820	1.0	4,327	1.0	3,521	0.9

**Table 2: Participation by Race/Ethnicity**

Students Tested	Grade 5		Grade 7		Grade 9	
	No.	%	No.	%	No.	%
African/African American	37,465	8.1	34,109	8.0	28,954	7.7
American Indian/Alaskan Native	4,686	1.0	4,483	1.1	5,918	1.6
Asian/Asian American	33,701	7.3	33,659	7.9	28,620	7.6
Filipino/Filipino American	11,985	2.6	11,500	2.7	11,150	3.0
Hispanic/Latino	207,017	44.7	177,767	41.8	154,247	40.9
Pacific Islander	4,376	0.9	4,458	1.0	3,929	1.0
White – Not of Hispanic Origin	151,199	32.6	145,671	34.3	129,953	34.4
Other	6,193	1.3	6,605	1.6	5,390	1.4
Non-Response	6,700	1.4	6,661	1.6	9,150	2.4

**Table 3: Summary of Test Results for All Students**

Physical Fitness Tests	Grade 5			Grade 7			Grade 9		
	Total Tested**	% in HFZ *	% Not In HFZ	Total Tested	% in HFZ	% Not In HFZ	Total Tested	% in HFZ	% Not In HFZ
Aerobic Capacity	463,322	56.5	43.5	424,913	57.4	42.6	377,311	47.5	52.5
Body Composition	463,322	65.9	34.1	424,913	66.3	33.7	377,311	64.7	35.3
Abdominal Strength	463,322	78.1	21.9	424,913	80.7	19.3	377,311	77.7	22.3
Trunk Extension Strength	463,322	84.1	15.9	424,913	86.4	13.6	377,311	79.7	20.3
Upper Body Strength	463,322	62.5	37.5	424,913	62.2	37.8	377,311	61.1	38.9
Flexibility	463,322	63.7	36.3	424,913	69.3	30.7	377,311	65.5	34.5

**Table 4: Summary of Fitness Standards Achieved for All Students**

Number of fitness standards achieved	Grade 5		Grade 7		Grade 9	
	No.	%	No.	%	No.	%
6 of 6 fitness standards	102,872	22.2	110,046	25.9	85,558	22.7
5 of 6 fitness standards	118,667	25.6	111,244	26.2	95,083	25.2
4 of 6 fitness standards	97,954	21.1	83,594	19.7	73,689	19.5
3 of 6 fitness standards	68,024	14.7	55,790	13.1	48,553	12.9
2 of 6 fitness standards	39,351	8.5	31,215	7.3	26,232	7.0
1 of 6 fitness standards	17,662	3.8	13,761	3.2	13,195	3.5
0 of 6 fitness standards	18,792	4.1	19,263	4.5	35,001	9.3
<b>Total tested:</b>	463,322	100	424,913	100	377,311	100

\*\*Total Tested = number of students tested (includes partially tested students)

\* HFZ = Healthy Fitness Zone

**Table 5: Summary of Results for Female Subgroup**

Percent of FEMALES in HFZ for:	Grade 5			Grade 7			Grade 9		
	Total Tested**	% in HFZ *	% Not In HFZ	Total Tested	% in HFZ	% Not In HFZ	Total Tested	% in HFZ	% Not In HFZ
Aerobic Capacity	225,228	57.5	42.5	206,567	59.1	40.9	182,531	43.4	56.6
Body Composition	225,228	74.8	25.2	206,567	72.2	27.8	182,531	66.6	33.4
Abdominal Strength	225,228	78.1	21.9	206,567	80.9	19.1	182,531	78.1	21.9
Trunk Extension Strength	225,228	85.2	14.8	206,567	87.8	12.2	182,531	81.3	18.7
Upper Body Strength	225,228	59	41	206,567	60.3	39.7	182,531	60	40
Flexibility	225,228	66.8	33.2	206,567	73	27	182,531	66.4	33.6

Percent of FEMALES who achieved:	Grade 5		Grade 7		Grade 9	
	No.	%	No.	%	No.	%
6 of 6 fitness standards	52,591	23.4	56,362	27.3	38,385	21
5 of 6 fitness standards	59,653	26.5	55,739	27	46,659	25.6
4 of 6 fitness standards	48,803	21.7	41,407	20	38,175	20.9
3 of 6 fitness standards	32,301	14.3	26,318	12.7	24,668	13.5
2 of 6 fitness standards	17,741	7.9	13,828	6.7	12,849	7.0
1 of 6 fitness standards	7,800	3.5	5,887	2.8	6,369	3.5
0 of 6 fitness standards	6,339	2.8	7,026	3.4	15,426	8.5
<b>Total tested:</b>	225,228	100	206,567	100	182,531	100

**Table 6: Summary of Results for Male Subgroup**

Percent of MALES in HFZ for:	Grade 5			Grade 7			Grade 9		
	Total Tested**	% in HFZ	% Not In HFZ	Total Tested	% in HFZ	% Not In HFZ	Total Tested	% in HFZ	% Not In HFZ
Aerobic Capacity	233,274	56.6	43.4	214,019	56.9	43.1	191,259	52.1	47.9
Body Composition	233,274	58.3	41.7	214,019	61.8	38.2	191,259	63.8	36.2
Abdominal Strength	233,274	79.6	20.4	214,019	81.9	18.1	191,259	78.5	21.5
Trunk Extension Strength	233,274	84.5	15.5	214,019	86.6	13.4	191,259	79.4	20.6
Upper Body Strength	233,274	67	33	214,019	65	35	191,259	63	37
Flexibility	233,274	61.8	38.2	214,019	66.9	33.1	191,259	65.6	34.4

Percent of MALES who achieved:	Grade 5		Grade 7		Grade 9	
	No.	%	No.	%	No.	%
6 of 6 fitness standards	50,207	21.5	53,493	25	47,021	24.6
5 of 6 fitness standards	58,821	25.2	55,310	25.8	48,236	25.2
4 of 6 fitness standards	49,000	21	42,090	19.7	35,382	18.5
3 of 6 fitness standards	35,627	15.3	29,426	13.7	23,802	12.4
2 of 6 fitness standards	21,567	9.2	17,374	8.1	13,348	7.0
1 of 6 fitness standards	9,852	4.2	7,868	3.7	6,813	3.6
0 of 6 fitness standards	8,200	3.5	8,458	4.0	16,657	8.7
<b>Total tested:</b>	233,274	100	214,019	100	191,259	100

\*\*Total Tested = number of students tested (includes partially tested students)

\* HFZ = Healthy Fitness Zone

**Table 7: Summary of Results for African/African American Subgroup**

Percent of African/African American students in HFZ for:	Grade 5			Grade 7			Grade 9		
	Total Tested**	% in HFZ *	% Not In HFZ	Total Tested	% in HFZ	% Not In HFZ	Total Tested	% in HFZ	% Not In HFZ
Aerobic Capacity	36,971	49.9	50.1	33,594	47.7	52.3	28,398	37.1	62.9
Body Composition	34,745	65.6	34.4	31,211	63.7	36.3	23,412	58.2	41.8
Abdominal Strength	37,053	76.7	23.3	33,637	75	25	28,426	68	32
Trunk Extension Strength	37,027	80.1	19.9	33,596	81.7	18.3	28,399	71.2	28.8
Upper Body Strength	37,047	63.2	36.8	33,643	57.3	42.7	28,312	53.8	46.2
Flexibility	37,141	60.1	39.9	33,625	61.9	38.1	28,514	56.8	43.2

Percent of African/African American students who achieved:	Grade 5		Grade 7		Grade 9	
	No.	%	No.	%	No.	%
6 of 6 fitness standards	6,878	18.4	6,470	19	4,557	15.7
5 of 6 fitness standards	9,505	25.4	8,155	23.9	6,393	22.1
4 of 6 fitness standards	8,343	22.3	7,275	21.3	5,568	19.2
3 of 6 fitness standards	5,936	15.8	5,166	15.1	4,076	14.1
2 of 6 fitness standards	3,310	8.8	3,113	9.1	2,399	8.3
1 of 6 fitness standards	1,596	4.3	1,636	4.8	1,311	4.5
0 of 6 fitness standards	1,897	5.1	2,294	6.7	4,650	16.1
<b>Total tested:</b>	37,465	100	34,109	100	28,954	100

**Table 8: Summary of Results for American Indian/Alaskan Native Subgroup**

Percent of American Indian/Alaskan Native students in HFZ for:	Grade 5			Grade 7			Grade 9		
	Total Tested**	% in HFZ *	% Not In HFZ	Total Tested	% in HFZ	% Not In HFZ	Total Tested	% in HFZ	% Not In HFZ
Aerobic Capacity	4,608	52	48	4,415	53.2	46.8	5,820	51.7	48.3
Body Composition	4,491	65.4	34.6	4,266	66.4	33.6	5,280	66.8	33.2
Abdominal Strength	4,611	77.8	22.2	4,420	79.4	20.6	5,818	78.8	21.2
Trunk Extension Strength	4,606	84.4	15.6	4,443	87.2	12.8	5,825	77.7	22.3
Upper Body Strength	4,604	61.9	38.1	4,427	61.6	38.4	5,836	66.4	33.6
Flexibility	4,635	64.8	35.2	4,451	67.8	32.2	5,839	69.7	30.3

Percent of American Indian/Alaskan Native students who achieved:	Grade 5		Grade 7		Grade 9	
	No.	%	No.	%	No.	%
6 of 6 fitness standards	1,000	21.3	1,109	24.7	1,513	25.6
5 of 6 fitness standards	1,192	25.4	1,160	25.9	1,584	26.8
4 of 6 fitness standards	1,004	21.4	873	19.5	1,090	18.4
3 of 6 fitness standards	674	14.4	627	14	683	11.5
2 of 6 fitness standards	426	9.1	319	7.1	379	6.4
1 of 6 fitness standards	186	4.0	160	3.6	166	2.8
0 of 6 fitness standards	204	4.4	235	5.2	503	8.5
<b>Total tested:</b>	4,686	100	4,483	100	5,918	100

\*\*Total Tested = number of students tested (includes partially tested students)

\* HFZ = Healthy Fitness Zone

**Table 9: Summary of Results for Asian/Asian American Subgroup**

Percent of Asian/Asian American students in HFZ for:	Grade 5			Grade 7			Grade 9		
	Total Tested**	% in HFZ *	% Not In HFZ	Total Tested	% in HFZ	% Not In HFZ	Total Tested	% in HFZ	% Not In HFZ
Aerobic Capacity	33,393	61	39	33,411	65.9	34.1	28,276	55.5	44.5
Body Composition	32,399	74.9	25.1	32,732	77.8	22.2	26,482	76.2	23.8
Abdominal Strength	33,466	81.6	18.4	33,392	84.9	15.1	28,241	83.6	16.4
Trunk Extension Strength	33,397	86.1	13.9	33,375	88.7	11.3	28,124	82.4	17.6
Upper Body Strength	33,396	67.5	32.5	33,306	69.8	30.2	28,114	69.1	30.9
Flexibility	33,484	72.2	27.8	33,419	78.4	21.6	28,246	72.6	27.4

Percent of Asian/Asian American students who achieved:	Grade 5		Grade 7		Grade 9	
	No.	%	No.	%	No.	%
6 of 6 fitness standards	9,252	27.5	11,494	34.1	8,364	29.2
5 of 6 fitness standards	9,647	28.6	10,070	29.9	8,371	29.2
4 of 6 fitness standards	7,108	21.1	6,140	18.2	5,475	19.1
3 of 6 fitness standards	4,228	12.5	3,141	9.3	2,897	10.1
2 of 6 fitness standards	1,892	5.6	1,416	4.2	1,284	4.5
1 of 6 fitness standards	724	2.1	527	1.6	535	1.9
0 of 6 fitness standards	850	2.5	871	2.6	1,694	5.9
<b>Total tested:</b>	<b>33,701</b>	<b>100</b>	<b>33,659</b>	<b>100</b>	<b>28,620</b>	<b>100</b>

**Table 10: Summary of Results for Filipino/Filipino American Subgroup**

Percent of Filipino/Filipino American students in HFZ for:	Grade 5			Grade 7			Grade 9		
	Total Tested**	% in HFZ *	% Not In HFZ	Total Tested	% in HFZ	% Not In HFZ	Total Tested	% in HFZ	% Not In HFZ
Aerobic Capacity	11,851	55.3	44.7	11,380	59	41	11,036	49.7	50.3
Body Composition	11,566	67.9	32.1	11,174	71.2	28.8	10,244	70.7	29.3
Abdominal Strength	11,803	80.7	19.3	11,412	83.9	16.1	11,006	82	18
Trunk Extension Strength	11,731	84.5	15.5	11,410	89.1	10.9	10,991	83.5	16.5
Upper Body Strength	11,803	68.7	31.3	11,365	68.9	31.1	10,917	69.2	30.8
Flexibility	11,852	72.5	27.5	11,398	77.2	22.8	11,029	73.9	26.1

Percent of Filipino/Filipino American students who achieved:	Grade 5		Grade 7		Grade 9	
	No.	%	No.	%	No.	%
6 of 6 fitness standards	2,974	24.8	3,511	30.5	2,909	26.1
5 of 6 fitness standards	3,339	27.9	3,220	28	3,177	28.5
4 of 6 fitness standards	2,505	20.9	2,238	19.5	2,232	20
3 of 6 fitness standards	1,646	13.7	1,338	11.6	1,331	11.9
2 of 6 fitness standards	809	6.8	646	5.6	637	5.7
1 of 6 fitness standards	373	3.1	257	2.2	297	2.7
0 of 6 fitness standards	339	2.8	290	2.5	567	5.1
<b>Total tested:</b>	<b>11,985</b>	<b>100</b>	<b>11,500</b>	<b>100</b>	<b>11,150</b>	<b>100</b>

\*\*Total Tested = number of students tested (includes partially tested students)

\* HFZ = Healthy Fitness Zone

**Table 11: Summary of Results for Hispanic/Latino Subgroup**

Percent of Hispanic/Latino students in HFZ for:	Grade 5			Grade 7			Grade 9		
	Total Tested**	% in HFZ *	% Not In HF	Total Tested	% in HFZ	% Not In HFZ	Total Tested	% in HFZ	% Not In HFZ
Aerobic Capacity	204,822	53.5	46.5	176,250	53.4	46.6	152,035	42.3	57.7
Body Composition	197,850	60	40	168,340	59.7	40.3	134,708	58.7	41.3
Abdominal Strength	205,130	75.4	24.6	176,242	78.2	21.8	152,006	73.9	26.1
Trunk Extension Strength	204,788	83.2	16.8	176,190	86	14	151,694	77.9	22.1
Upper Body Strength	204,308	57.7	42.3	175,685	58.1	41.9	151,691	56.6	43.4
Flexibility	205,461	59.4	40.6	176,303	66.4	33.6	151,918	61.8	38.2

Percent of Hispanic/Latino students who achieved:	Grade 5		Grade 7		Grade 9	
	No.	%	No.	%	No.	%
6 of 6 fitness standards	34,738	16.8	36,046	20.3	26,745	17.3
5 of 6 fitness standards	49,549	23.9	44,121	24.8	35,807	23.2
4 of 6 fitness standards	46,932	22.7	37,888	21.3	31,970	20.7
3 of 6 fitness standards	35,794	17.3	28,069	15.8	23,443	15.2
2 of 6 fitness standards	22,258	10.8	16,922	9.5	13,693	8.9
1 of 6 fitness standards	10,158	4.9	7,600	4.3	7,369	4.8
0 of 6 fitness standards	7,588	3.7	7,121	4.0	15,220	9.9
<b>Total tested:</b>	207,017	100	177,767	100	154,247	100

**Table 12: Summary of Results for Pacific Islander Subgroup**

Percent of Pacific Islander students in HFZ for:	Grade 5			Grade 7			Grade 9		
	Total Tested**	% in HFZ *	% Not In HFZ	Total Tested	% in HFZ	% Not In HFZ	Total Tested	% in HFZ	% Not In HFZ
Aerobic Capacity	4,332	54	46	4,410	52.5	47.5	3,861	40.3	59.7
Body Composition	4,160	62.9	37.1	4,239	62.4	37.6	3,289	56.8	43.2
Abdominal Strength	4,335	82.2	17.8	4,410	81.8	18.2	3,874	76.2	23.8
Trunk Extension Strength	4,325	86.4	13.6	4,413	86.8	13.2	3,868	78.5	21.5
Upper Body Strength	4,328	67.1	32.9	4,397	62.4	37.6	3,848	61.7	38.3
Flexibility	4,346	68.2	31.8	4,410	70.2	29.8	3,870	61.6	38.4

Percent of Pacific Islander students who achieved:	Grade 5		Grade 7		Grade 9	
	No.	%	No.	%	No.	%
6 of 6 fitness standards	1,085	24.8	1,036	23.2	736	18.7
5 of 6 fitness standards	1,094	25	1,141	25.6	916	23.3
4 of 6 fitness standards	939	21.5	969	21.7	811	20.6
3 of 6 fitness standards	631	14.4	645	14.5	584	14.9
2 of 6 fitness standards	324	7.4	333	7.5	299	7.6
1 of 6 fitness standards	139	3.2	150	3.4	147	3.7
0 of 6 fitness standards	164	3.7	184	4.1	436	11.1
<b>Total tested:</b>	4,376	100	4,458	100	3,929	100

\*\*Total Tested = number of students tested (includes partially tested students)

\* HFZ = Healthy Fitness Zone

**Table 13: Summary of Results for White – Not of Hispanic Origin Subgroup**

Percent of White – Not of Hispanic origin students in HFZ for:	Grade 5			Grade 7			Grade 9		
	Total Tested**	% in HFZ *	% Not In HF	Total Tested	% in HFZ	% Not In HFZ	Total Tested	% in HFZ	% Not In HFZ
Aerobic Capacity	149,030	61.5	38.5	143,869	63.2	36.8	127,423	54.3	45.7
Body Composition	145,092	71.9	28.1	139,665	72.2	27.8	118,571	70.3	29.7
Abdominal Strength	149,184	81.2	18.8	143,905	84.1	15.9	127,468	83	17
Trunk Extension Strength	148,968	86.2	13.8	143,978	87.8	12.2	127,180	83.5	16.5
Upper Body Strength	148,663	67.2	32.8	143,724	66.3	33.7	127,160	65.9	34.1
Flexibility	149,552	67.5	32.5	144,265	71.9	28.1	127,810	69.7	30.3

Percent of White – Not of Hispanic origin students who achieved:	Grade 5		Grade 7		Grade 9	
	No.	%	No.	%	No.	%
6 of 6 fitness standards	43,945	29.1	47,090	32.3	37,564	28.9
5 of 6 fitness standards	40,992	27.1	39,859	27.4	35,330	27.2
4 of 6 fitness standards	28,598	18.9	25,817	17.7	23,706	18.2
3 of 6 fitness standards	17,488	11.6	15,223	10.5	13,795	10.6
2 of 6 fitness standards	9,461	6.3	7,599	5.2	6,649	5.1
1 of 6 fitness standards	4,078	2.7	3,043	2.1	2,956	2.3
0 of 6 fitness standards	6,637	4.4	7,040	4.8	9,953	7.7
<b>Total tested:</b>	151,199	100	145,671	100	129,953	100

\*\*Total Tested = number of students tested (includes partially tested students)

\* HFZ = Healthy Fitness Zone

**Table 14: Comparison of Test Results — 2001 & 2002**

Physical Fitness Tests	Grade 5		Grade 7		Grade 9	
	2001	2002	2001	2002	2001	2002
	% in HFZ *	% in HFZ	% in HFZ	% in HFZ	% in HFZ	% in HFZ
Aerobic Capacity	55.7	56.5	58.0	57.4	48.9	47.5
Body Composition	65.4	65.9	66.6	66.3	67.7	64.7
Abdominal Strength	78.2	78.1	80.8	80.7	79.2	77.7
Trunk Extension Strength	84.0	84.1	85.9	86.4	81.5	79.7
Upper Body Strength	62.0	62.5	61.9	62.2	62.7	61.1
Flexibility	63.8	63.7	68.6	69.3	67.6	65.5

**Table 15: Comparison of Fitness Standards Achieved — 2001 & 2002**

Number of fitness standards achieved	Grade 5		Grade 7		Grade 9	
	2001	2002	2001	2002	2001	2002
	%	%	%	%	%	%
6 of 6 fitness standards	21.3	22.2	24.9	25.9	22.6	22.7
5 of 6 fitness standards	25.7	25.6	26.4	26.2	25.8	25.2
4 of 6 fitness standards	21.8	21.1	20.2	19.7	20.8	19.5
3 of 6 fitness standards	15.0	14.7	13.6	13.1	13.7	12.9
2 of 6 fitness standards	8.4	8.5	7.6	7.3	7.4	7.0
1 of 6 fitness standards	4.1	3.8	3.4	3.2	3.6	3.5
0 of 6 fitness standards	3.7	4.1	3.8	4.5	6.0	9.3

\* HFZ = Healthy Fitness Zone



**Table 16: Comparison of Results for Female Subgroup — 2001 & 2002**

Percent of FEMALES in HFZ for:	Grade 5		Grade 7		Grade 9	
	2001 % in HFZ*	2002 % in HFZ	2001 % in HFZ	2002 % in HFZ	2001 % in HFZ	2002 % in HFZ
Aerobic Capacity	55.9	57.5	59.0	59.1	43.5	43.4
Body Composition	73.6	74.8	72.1	72.2	69.3	66.6
Abdominal Strength	77.7	78.1	80.6	80.9	79.1	78.1
Trunk Extension Strength	84.7	85.2	86.9	87.8	82.6	81.3
Upper Body Strength	58.0	59	59.1	60.3	60.5	60
Flexibility	66.0	66.8	72.0	73	68.1	66.4

**Table 17: Comparison of Fitness Standards for Female Subgroup — 2001 & 2002**

Percent of FEMALES who achieved:	Grade 5		Grade 7		Grade 9	
	2001 %	2002 %	2001 %	2002 %	2001 %	2002 %
6 of 6 fitness standards	21.9	23.4	25.8	27.3	20.3	21
5 of 6 fitness standards	26.4	26.5	27.2	27	25.9	25.6
4 of 6 fitness standards	22.3	21.7	20.5	20	22.2	20.9
3 of 6 fitness standards	14.7	14.3	13.3	12.7	14.7	13.5
2 of 6 fitness standards	7.9	7.9	6.9	6.7	7.7	7.0
1 of 6 fitness standards	3.8	3.5	3.1	2.8	3.6	3.5
0 of 6 fitness standards	3.1	2.8	3.2	3.4	5.6	8.5

\* HFZ = Healthy Fitness Zone

**Table 18: Comparison of Results for Male Subgroup — 2001 & 2002**

Percent of MALES in HFZ for:	Grade 5		Grade 7		Grade 9	
	2001 % in HFZ*	2002 % in HFZ	2001 % in HFZ	2002 % in HFZ	2001 % in HFZ	2002 % in HFZ
Aerobic Capacity	56.0	56.6	57.5	56.9	54.2	52.1
Body Composition	58.1	58.3	61.8	61.8	66.4	63.8
Abdominal Strength	79.4	79.6	81.6	81.9	79.8	78.5
Trunk Extension Strength	84.1	84.5	85.4	86.6	80.9	79.4
Upper Body Strength	66.3	67	65.1	65	65.2	63
Flexibility	62.2	61.8	65.9	66.9	67.5	65.6

**Table 19: Comparison of Fitness Standards for Male Subgroup — 2001 & 2002**

Percent of MALES who achieved:	Grade 5		Grade 7		Grade 9	
	2001 %	2002 %	2001 %	2002 %	2001 %	2002 %
6 of 6 fitness standards	20.9	21.5	24.3	25	24.9	24.6
5 of 6 fitness standards	25.3	25.2	25.7	25.8	25.9	25.2
4 of 6 fitness standards	21.4	21	20.0	19.7	19.6	18.5
3 of 6 fitness standards	15.4	15.3	14.1	13.7	12.9	12.4
2 of 6 fitness standards	9.0	9.2	8.3	8.1	7.2	7.0
1 of 6 fitness standards	4.4	4.2	3.7	3.7	3.7	3.6
0 of 6 fitness standards	3.6	3.5	3.8	4.0	5.8	8.7

\* HFZ = Healthy Fitness Zone